Heart Disease Facts

OCT. 24, 2024

For Everyone

WHAT TO KNOW

Learn facts about how race, ethnicity, age, and other risk factors can contribute to heart disease risk. It's important for everyone to know the facts about heart disease.

Heart disease in the United States

In the United States:

- Heart disease is the **leading cause of death** for men, women, and people of most racial and ethnic groups.[1]
- One person dies **every 34 seconds** from cardiovascular disease.[1]
- In 2023, **919,032 people died from cardiovascular disease**. That's the equivalent of **1 in every 3 deaths.**[1]
- Heart disease is costly. The cost of health care services and medications from heart disease amounted to more than $168 billion between 2021 and 2022[2].

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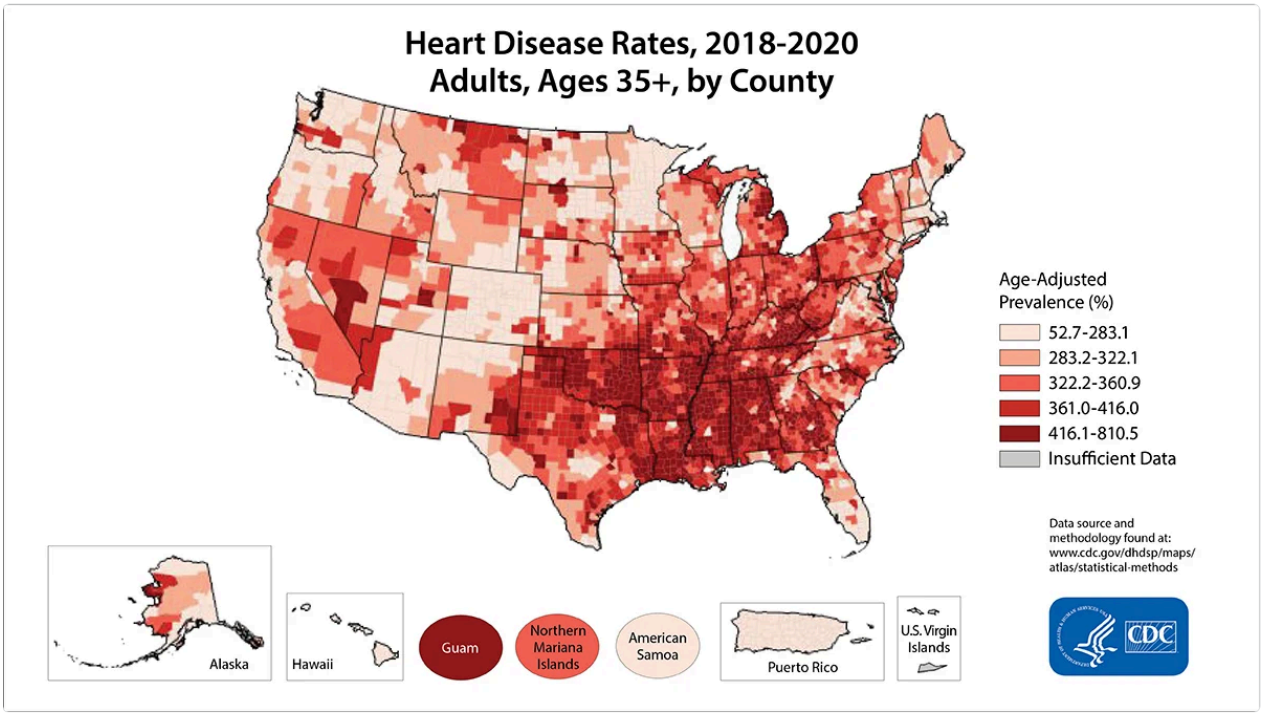


Heart Disease Death Rates, 2018–2020 for Adults, Ages 35+, by County.

Coronary artery disease (CAD)

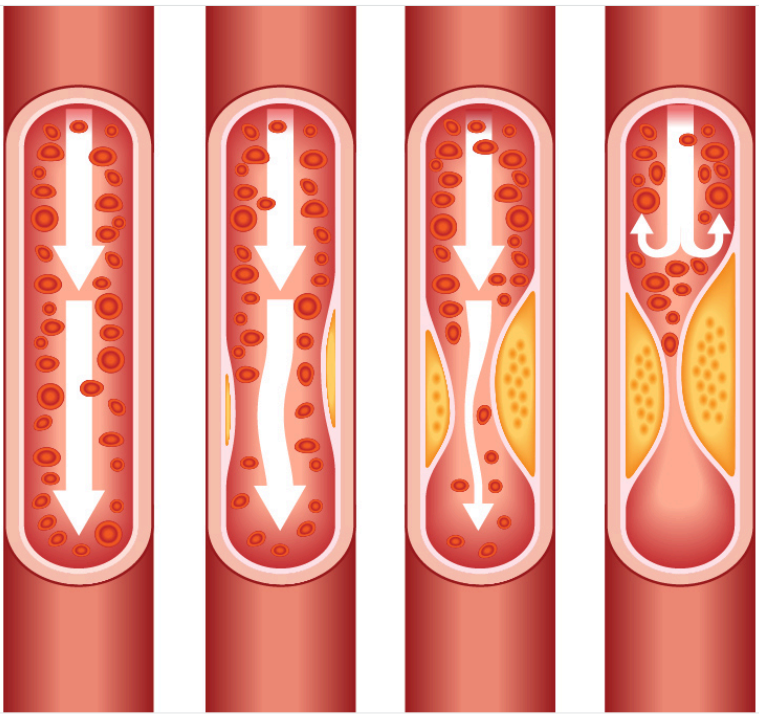
- Coronary heart disease is the most common type of heart disease. It killed 371,506 people in 2022. [1]
- About **1 in 20 adults** age 20 and older have CAD (about 5%). [3]
- In 2023, about 1 out of every 6 deaths from cardiovascular diseases (CVDs) was among adults younger than 65 years old. [1]

Heart attack

- In the United States, someone has a heart attack every 40 seconds. [3]
- Every year, about **805,000 people** in the United States have a heart attack. [3] Of these, 605,000 are a first heart attack, and 200,000 happen to be people who have already had a heart attack. [3]
- About 1 in 5 heart attacks are silent—the damage is done, but the person is not aware of it. [3]

Did you know?

Early action is important for heart attack. Know the warning signs and symptoms of a heart attack.



As plaque builds up in the arteries of a person with heart disease, the inside of the arteries begins to narrow, which lessens or blocks the flow of blood.

Who is affected

Heart disease deaths vary by sex, race, and ethnicity

Heart disease is the **leading cause of death** for people of most racial and ethnic groups in the United States. These include African American, American Indian, Alaska Native, Hispanic, and White men. For women from the Pacific Islands and Asian American, American Indian, Alaska Native, and Hispanic women, heart disease is second only to cancer. [1]

Below are the percentages of all deaths caused by heart disease in 2021, listed by ethnicity, race, and sex.

Race or Ethnic Group	% of Deaths
American Indian or Alaska Native	15.5

Asian	18.6
Black (Non-Hispanic)	22.6
Native Hawaiian or Other Pacific Islander	18.3
White (Non-Hispanic)	18.0
Hispanic	11.9
All	17.4

Americans at risk for heart disease

High blood pressure, high blood cholesterol, and smoking are key risk factors for heart disease.

Several other medical conditions and lifestyle choices can also put people at a higher risk for heart disease, including:

- Diabetes
- Overweight and obesity
- Unhealthy diet
- Physical inactivity
- Excessive alcohol use

What CDC is doing

- Million Hearts®
- WISEWOMAN

Resources

- CDC: Heart Disease Communications Kit
- National Heart, Lung, and Blood Institute

SOURCES

CONTENT SOURCE:
National Center for Chronic Disease Prevention and Health Promotion; About the Division for Heart Disease and Stroke Prevention

REFERENCES

1. National Center for Health Statistics. Multiple Cause of Death 2018–2023 on CDC WONDER Database. Accessed February 1, 2025. https://wonder.cdc.gov/mcd.html
2. Palaniappan LP, , Allen NB, Almarzooq ZI, et al. 2026 Heart Disease and Stroke Statistics: A Report of US and Global Data From the American Heart Association. Circulation. 2026 Jan 21 Online ahead of print. 2026 Heart Disease and Stroke Statistics: A Report of US and Global Data From the American Heart Association. Circulation.
3. Tsao CW, Aday AW, Almarzooq ZI, et al. Heart Disease and Stroke Statistics—2023 Update: A Report From the American Heart Association. Circulation. 2023;147:e93–e621.

SOURCES

- All costs are unpublished National Heart, Lung, and Blood Institute tabulation using the Household Component of the Medical Expenditure Panel Survey (MEPS) (average annual 2019–2020) as published in Tables 28-1 and 28-2 in the 2025 AHA Statistical Summary.